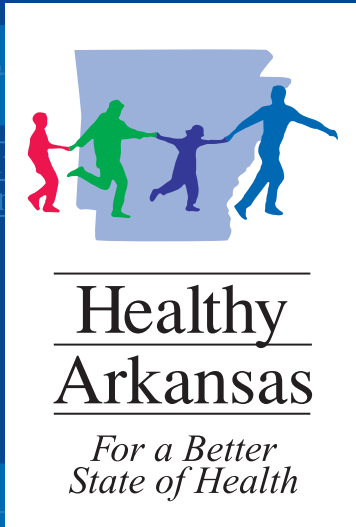


Obesity



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Fast Facts about Obesity

- Arkansas has seen a **77% increase in obesity** from 1991-2000.
- Over **60% of Arkansas adults** are at an unhealthy weight and 37% of these are obese.
- Weight reduction of 10% can help an overweight adult **reduce lifetime medical costs** between \$2,200 and \$5,300.
- According to the Surgeon General's healthy weight advice, if you are overweight or obese, losing just 10% of your body weight can improve your health and reduce your risk for heart disease, certain types of cancer, Type 2 diabetes, stroke, arthritis, breathing problems and psychological disorders such as depression.

Opportunities for Employers

- **Post Body Mass Index (BMI) charts.** Posting BMI charts can be a great way to initiate conversation on weight management with employees. Weight management programs can help employees live longer, healthier lives and can save organizations money.
- **Make sure drinking water is available to your employees.** Providing an alternative to the soda machine is a great way to help employees reduce those extra calories from their diets.
- **Identify healthy eateries in close proximity to your workplace.** Suggest lower calorie options at local eateries. Compile menus from local eateries and identify healthy items for employees to choose from. Partner with local restaurants to incorporate healthier food items on their menus.
- **Organize a healthy potluck lunch** at work and exchange recipes.
- **Change vending machine snacks** to low-fat items.

- **Warn employees about fad dieting.** Local registered dietitians may offer advice or provide seminars on fad diets.
- **Implement policies to offer healthy foods** at meetings, seminars and in company cafeterias.

Model Programs

Arkansas 5 A Day Coalition's **Worksite Challenge: Fit with 5** is a 10-week program for the workplace that focuses on increasing physical activity and intake of fruits and vegetables. The goals are for workers to:

- Do a total of at least 30 minutes of physical activity per day, five days of the week.
- Eat at least five servings of fruits and vegetables each day.
www.healthyardarkansas.com/services/services_5aday.html

Arkansas Diabetes Control Program is a pilot project developed through a partnership with Eli Lilly and Company, Control Diabetes Services (a subsidiary of Lilly), and other key stakeholders, including the DHS Division of Medical Services, Arkansas Department of Health, Arkansas Foundation for Medical Care, Health Information Design, Arkansas Diabetes Association, Arkansas Minority Health Commission and the University of Arkansas for Medical Sciences.

The three-phase project includes an outcomes study of Arkansas's Medicaid diabetic population as well as face-to-face diabetes self-management training and education for people with diabetes. Diabetes education centers are open to Arkansas residents who want to learn more about managing their diabetes. **Trained diabetes educators show patients how to make healthy changes in their life.** They learn about medications, the importance of exercise, healthy eating tips, how to deal with stress, questions that should be asked during a doctor visit and how to make other healthy changes in their lifestyle. For more information contact Julie Munsell, Arkansas Department of Human Services, (501) 682-8946.

[Worksite Wellness Works](#) - Tompkins County Health Department, New York, provides a how to guide for developing a worksite wellness program and includes:

- Sample mission and policy statements
 - Tips for forming a wellness committee
 - Sample physical activity programs
 - Sample nutrition programs
 - Other educational programs
 - List of suggested supplies and incentives
- www.tompkins-co.org/

[University of Minnesota School of Public Health](#) uses guidelines for offering healthy foods at meetings, seminars and catered events.
www.ahc.umn.edu/ahc-content/colleges/sph/sph_news/nutrition.pdf

American Cancer Society's [Working Well](#) program includes a Wellness Starter Kit, planning guide and manual to help companies develop wellness plans. Components of the program are:

- [Active for Life](#), a worksite physical activity program
 - [Meeting Well](#), incorporates healthy foods and activities into meetings
 - [Smokefree Workplace Guide](#)
 - [Health Benefits Assessments](#)
 - [New Employee Cancer Orientation](#)
 - [Monthly Health Messages](#)
 - [Online wellness](#) resources for your company
- www.cancer.org



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